

Ice Breaker

(in groups of 2 or 3 for larger groups)

What's your go-to "peaceful place" or activity when you're feeling overwhelmed or stressed?

Talk About It!

Part 1

Discuss:

If you had to rate your current "peace level" on a scale of 1 to 10, what would it be—and why?

Part 2

Read Micah 5:4-5

Discuss:

A. Micah 5:4-5 says that the Messiah will BE our peace. When you hear that "peace is not a feeling to be attained but a person to surrender to," how does that shift your understanding of peace?

B. Have you ever tried to "feel" peace instead of surrendering to Jesus as the Prince of Peace?

Part 3

Discuss:

The message mentioned 5 key areas we often need to surrender: Self-Reliance, Understanding, Control, Perfectionism, Pain/Trauma. Which one of those feels most relevant to you right now—and why might God be inviting you to surrender it?

Part 4

Read Matthew 14:22-33

Discuss:

A. Peter began to sink when he took his eyes off Jesus. Where do you find your focus drifting when life gets chaotic?

B. What helps you refocus on Jesus?

Part 5

Discuss:

- A. In the message, it was said: “Anxiety is not the problem, it’s a symptom.”
What false reality or lie do you think your anxiety might be exposing?
- B. Can you identify a root of your anxiety?

Part 6

Discuss:

- A. Isaiah 26:3 says God will keep in “perfect peace (shalom shalom)” those whose minds are fixed on Him. What are your thoughts usually fixed on?
- B. How do those thoughts shape your emotional state?

Part 7

Discuss:

What is one faithful step you can take to step more into God’s peace in your life?

Prayer Time

- Pray that God would lovingly expose any lies, false beliefs, or misplaced identities that fuel anxiety.
- Pray that each person would fully surrender not just their emotions but their whole selves to Jesus, the Prince of Peace.
- Pray that God would retrain and renew minds to be fixed on His truth.